Stop the spread!

- Breonna Myers

What is Covid-19?

- The coronavirus is a respiratory illness that can spread from person to person.
- Covid-19 is a new disease that hasn't been seen in humans before.
- Everyone is at risk
- Highly contagious
- Can live on surfaces for weeks

Symptoms

- Symptoms can vary from mild to severe
- Mild: cough, runny nose, loss of smell or taste, sore throat, cough, slight fever
- Severe: trouble breathing, confusion, high fever, inability to wake up, bluish lips or face, consistent chest pains, and nausea
- You could also not show any symptoms
- If you have other medical conditions you are more likely to have severe symptoms

Masks

- Everyone should be wearing masks to protect themselves and others
- Wearing a mask prevents respiratory droplets from reaching other people.
- You should be wearing a mask in public and around people whom you don't share the same household with. It is also helpful to wear a mask through a drive through or at a gas station
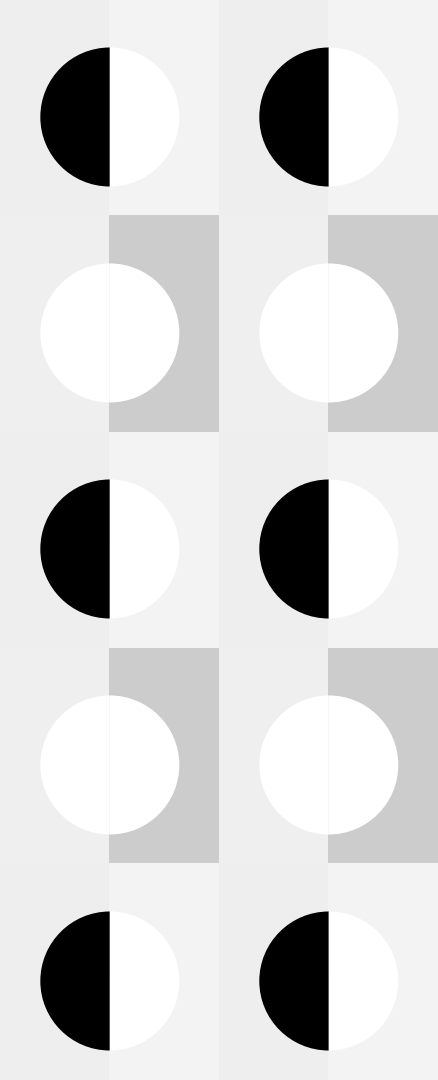
Wash hands and sanitize

- Germs are everywhere!
- It's important that your hands stay clean. Germs can transfer onto anything that you touch and you don't want to get or give covid
- You should wash your hands frequently, after in public, after coughing, blowing your nose, touching your face, before and after caring for someone who is sick, and before and after seeing a loved one

Social distancing!!!

- Social distancing is very important
- Masks and keeping clean can do most of the work but we're still out in public a lot
- You should stay 6ft apart to make you and others feel safe
- Another way to social distance is to just stay home! If you refuse to stay 6ft away from someone, wash your hands, and use hand sanitizer than you don't understand the seriousness of this virus and should probably stay home rather than putting people at risk

There are to many people getting hurt because of this pandemic, there are around 10 million cases in the U.S, and around 239 thousand deaths. We all need to do our best to make sure those numbers don't go up any higher. The number of daily cases in Oregon have been climbing higher and higher all the way up to 979 new cases in one day. We all need to make a change so no one we love or care about gets hurt or lost.

End the Pandemic.